The Tower Trip is a challenging climb up 275 uneven, narrow, spiralling medieval steps to the top of York Minster’s Central Tower. The Tower takes about ten minutes to ascend.

**You must be fit and healthy** to climb the Tower. Trips are not suitable for persons who:

- Have breathing problems (including asthma)
- Have heart problems or high blood-pressure
- Have had recent surgery or illness
- Are pregnant
- Are not comfortable with heights or tight spaces—*the Tower is 60m (200’) high, and the stairway narrows to 61cm (24”) wide*
- Are under 8 year old